COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- Idaho Department of Health and Welfare Public Health District Information – A list of contact information for all of Idaho’s public health districts.
- Order PPE through the Idaho Office of Emergency Management: Online PPE ordering
- Idaho Medical Association – Coronavirus resources for physicians
- COVID-19 in Idaho – Idaho official resource for the novel Coronavirus
- Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency – An ongoing FAQ list collated by the Idaho Board of Pharmacy
- Idaho State Board of Medicine Proclamation – A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement
- Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness – Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters
- Idaho State Board of Pharmacy Temporary Rule 704 – Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- Idaho Physician Orders for Scope of Treatment (POST) – This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - Idaho’s Repository of POST Forms
- Guidelines for Opening Up Idaho – Criteria that must be met before Idaho advances to the next stage of reopening
- COVID-19 Medicaid Updates – Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov
- Twin Falls Manor – Specialized assisted living care for those impacted by COVID-19
- North Idaho Palliative Care Coalition – Advance directives information from the Northwest Hospital Alliance
- Frontline Worker Services – Coronavirus counseling assistance for frontline workers
- COVID-19 Test (At-Home Kit) – A nasal swab test kit from Pixel by LabCorp
- LabCorp at Home – A digital service aimed at helping doctors protect patients by testing them for COVID-19 before surgeries and other important treatments. The service enables a doctor to
directly order a LabCorp At Home COVID-19 test collection kit for their patient through a digital interface with LabCorp. Once the order is placed, LabCorp will send the COVID-19 kit to the patient, who will perform the sample collection using a nasal swab and send it back to LabCorp via FedEx. LabCorp will then deliver the patient’s test results to the healthcare provider’s electronic medical record (EMR) and the patient’s LabCorp Patient Portal, making the process seamless for the doctor and patient. The result provides the doctor the information needed to make the appropriate clinical decision prior to proceeding with surgery or other treatment.

Family Medicine Residency of Idaho (FMRI)

- COVID Protocol
- Family Medicine Residency of Idaho COVID Attestation Form
- Common Employee Questions Regarding Exposure
- Employee Testing Procedure
- Employees with Acute Respiratory Symptoms FAQ
- Management of Healthcare Personnel with Potential Exposure to COVID-19
- Workflow for Front of Clinic Triage

Volunteer Opportunities

- SURGE Volunteer Sheet – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
- Find My Medical Reserve Corps – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  - Contact information for the MRC coordinator in your district.

Clinical Trials and Vaccine Information

- ClinicalTrials.gov - COVID-19 registered trials can be found here
  - The trial mentioned in the NIH article on hydroxychloroquine is identifier NCT04332991
- Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease
- Ongoing Remdesivir Studies
  - Gilead study in patients with moderate disease: NCT04292730
  - Gilead study in patients with severe disease: NCT04292899
  - NIAID study: NCT04280705
  - INSERM study: 2020-000936-23
  - China study in patients with mild/moderate disease: NCT04252664
  - China study in patients with severe disease: NCT04257656
- Famotidine study
• Draft Landscape of COVID-19 Candidate Vaccines – This has been prepared by the World Health Organization for information purposes only concerning COVID-19
• Bio.org – Biotechnology and biopharmaceutical companies are responding to COVID-19 with vaccines and anti-viral medications
• Tocilizumab and Mechanically Ventilated Patients – A summary of a study looking at tocilizumab for treatment of mechanically ventilated patients with COVID-19
• Safety and Efficacy of Tocilizumab Use – A summary of a safety looking at the safety and efficacy of anti-IL6-receptor tocilizumab use in severe and critical patients affected by coronavirus

Calculators and Evaluator

• Evaluating and Testing Persons for COVID-19 – CDC criteria to guide evaluation and laboratory testing for COVID-19
• PSI/PORT Score – Pneumonia Severity Index for community-acquired pneumonia

Websites

• American Medical Association – AMA resource center for physicians
• Centers for Disease Control – Information for health care providers and the community
  ○ Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
• World Health Organization – Coronavirus disease outbreak information
• Virginia Commonwealth University – General COVID-19 updates from VCU Health
• Johns Hopkins University – Up-to-date statistics from JHU
• Center for Infectious Disease Research and Policy – Information for public health experts, business preparedness leaders, government officials, and the public
• American Society of Health-System Pharmacists – COVID-19 resources for pharmacists
• Assessment of Evidence for COVID-19 Related Treatments – ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care
• American College of Occupational and Environmental Medicine – COVID-19 resource center

Articles

• SARS-CoV2: What Do We Know So Far? – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
• COVID-19 in a Paucisymptomatic Patient – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)
• LitCOVID – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
• Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected – Interim guidance from the World Health Organization
• **Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019** – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19
• **International Pulmonologist’s Consensus on COVID-19** – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

**Recommendations, Checklists, Toolkits, and Handbooks**

• **COVID-19 Preparedness Checklist for Nursing Homes** - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan
• **Communications Triage Kit** – A coronavirus communications triage kit from The Communications Network
• **Handbook of COVID-19 Prevention and Treatment** – from the First Affiliated Hospital, Zhejiang University School of Medicine
• **ICU Preparedness Checklist** – from the Society of Critical Care Medicine
• **Household Checklist** – A family planning checklist from the CDC
• **Being Prepared in the Time of COVID** - Three important things each of us can do, right now, to be prepared
• **Discontinuation of Home Isolation** – Recommendations from the CDC
• **Discontinuation of Hospital Precautions** – Recommendations from the CDC
• **Symptom Checker** – A COVID-19 symptom checker from the Mayo Clinic
• **Running Essential Errands** – Recommendations from the CDC
• **Shopping for Food during the COVID-19 Pandemic** – Information for consumers from the FDA
• **Management of Severe COVID-19** – Information from Dr. Justin Glass, MD, Program Director with Family Medicine Residency of Idaho – Boise
• **Venous Thromboembolism** – Scientific and Standardization Committee Communication: Clinical Guidance on the Diagnosis, Prevention and Treatment of Venous Thromboembolism in Hospitalized Patients with COVID-19
• **Infection Prevention and Control Recommendations** – Interim recommendations from the CDC for healthcare personnel during the COVID-19 pandemic
• **CDC Guidelines for Universal PPE** – CDC guidelines have recently been updated for universal PPE for all healthcare workers in patient facing roles in areas with moderate to substantial community transmission
• **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents
• **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children
• **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents
• **Children’s Global Assessment Scale (CGAS)** – Provides a global measure of level of functioning in children and adolescents
• **Rating Scales** – Scales and questionnaires reviewed at the Primary Pediatric Psychopharmacology Mini-Fellowship at The REACH Institute

  • **School Refusal Assessment Scale-Revised (Parent and Child Versions)** – Asses the function of school refusal behavior

  • **School Decision-Making Tool for Parents, Caregivers, and Guardians** – Weigh the risks and benefits of available educational options to help make decisions about sending children back to school

  • **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year

**Palliative and End-of-Life Care**

• **Prepare for Your Care** – A step-by-step program with video stories to help you have a voice in your medical care

• **The Conversation Project** – Dedicated to helping people talk about their wishes for end-of-life care

• **Center to Advance Palliative Care Response Resources** – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more

• **Proactive COVID-Specific Advance Care Planning Discussions** – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID

• **Vital Talk** – A playbook providing practical advice on how to talk about some difficult topics related to COVID-19

• **Person-Centered Guidelines for Preserving Family Presence in Challenging Times** – These guidelines for preserving family presence were co-developed by an international, multi-stakeholder “pop-up” coalition including patient, resident, family and elder advocates, experts in quality, safety and infection control, clinicians, policymakers, and healthcare executives from a variety of care settings.

**Videos**

• **Patient Intubation** – An instructional patient intubation video by Dr. Benjamin Cornett

• **Prone Breathing Exercises** – Dr. Sarfaraz Munshi demonstrates breathing techniques to help coronavirus patients with respiratory symptoms

• **The Last Will and Testament of the Orphelines** – A poem by Heather Altfeld as read by Dr. Meg Dunay

**CME Opportunities**

• **Novel Coronavirus Education Resources** – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19

• **Mayo Clinic Talks COVID-19** – A mini-series podcast put on my Mayo Clinic
Masks

- [Strategies to Optimize the Supply of PPE and Equipment](#) - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
- [Masks Reduce Exposure to Respiratory Infections Among the General Population](#) – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
- [Testing the Efficacy of Homemade Masks](#) – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection
- [Q&A: Masks and COVID-19](#) – FAQ from the World Health Organization
- [Effectiveness of Cloth Masks for Protection Against Severe Acute Respiratory Syndrome Coronavirus 2](#) – A study shared in the Emerging Infectious Diseases Journal

Provider Self-Care

- [Self-Care for Helpers](#) – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
- [Coping for Health Care Workers during COVID-19](#) – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
- [Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak](#) – Resources from the National Academy of Medicine
- [Emergency Responders: Tips for Taking Care of Yourself](#) – Information from the CDC
- [Understanding Compassion Fatigue](#) – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
- [Preventing and Managing Stress](#) – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
- [Humor and Resilience](#) – Information on using humor to build resilience from Dr. Abhilash Desai
- [FACE COVID](#) - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
- [National Academy of Medicine](#) – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
- [Coronavirus Anxiety Workbook](#) – A tool to help build resilience during difficult times
- COVID-19 Tips Part 1 (for patients) and Part 2 (for providers) – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
- [Kindness Poem](#) – A poem by Naomi Shihab Nye
Apps for Self-Care

- **Headspace** – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
- **Moodgym** – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
- **Insight Timer** – A large, free library of guided meditations
- **Sanvello (formerly Pacifica)** – On-demand help for stress, anxiety, and depression
- **Calm** – An app for sleep, meditation, and relaxation
- **Buddhify** – A meditation and mindfulness app designed to fit busy lifestyles
- **Stop, Breathe, & Think** – A friendly app to guide people through meditations for mindfulness and compassion

Perinatal Considerations

- **pregnancycovid19.com** - Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
- **American College of Obstetricians and Gynecologists COVID-19 Information** - Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
- **Society for Maternal Fetal Medicine COVID-19 Guidance** – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
- **CDC on Breastfeeding** - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
- **PRIORITY** - Pregnancy CoRonavirus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

Pediatric Considerations

- **Talking to Children** – Guidance for parents in talking to children about coronavirus
- **Child-Centered Play Therapy** – Information on child-centered play therapy and telehealth
- **Coronavirus Coloring Book** – A coloring book from St. Jude’s to help children understand COVID
- **My Hero is You** ([Spanish version](#)) – A storybook to teach children how they can fight COVID
- **Why Do I Have to Stay Home?** – A social narrative for children
- **The Story of the Oyster and The Butterfly** – A book to explain COVID to children
- **Resources for ASD and Intellectual Disability** – A collection for resources for children with ASD and/or intellectual disabilities
- **Resources for Pediatric Considerations** – A list of pediatric resources
- **Parent Emotion Suppression Influences Physiological Linkage and Interaction Behavior** – An article talking about how parents can influence children’s emotional responses
• Parenting – Articles and newsletters about parenting by the New York Times
• Child Behavior Checklist (CBCL) – Used to detect behavioral and emotional problems in children and adolescents
• The Screen for Child Anxiety Related Disorders (SCARED) – Screen for signs of anxiety disorders in children
• The Children’s Manifest Anxiety Scale (CMAS) – Evaluate the nature and degree of anxiety in children and adolescents
• Children’s Global Assessment Scale (CGAS) – Provides a global measure of level of functioning in children and adolescents
• Rating Scales – Scales and questionnaires reviewed at the Primary Pediatric Psychopharmacology Mini-Fellowship at The REACH Institute
• School Refusal Assessment Scale-Revised (Parent and Child Versions) – Asses the function of school refusal behavior
• School Decision-Making Tool for Parents, Caregivers, and Guardians – Weigh the risks and benefits of available educational options to help make decisions about sending children back to school
• Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers – Help plan and prepare for the upcoming school year
• Supporting Your Child’s Mental Health as They Return to School During COVID-19 – How parents can help their children navigate their feelings during school reopening